

“While the grasshopper played all summer long, the ant worked hard preparing for winter.”

-- Adapted from “The Ant and the Grasshopper,” Aesop’s Fables

Are you a grasshopper or an ant?

There is still time to protect against the flu.

Be like the ant -- and be prepared. Follow these easy steps to avoid getting — or spreading — the flu this season:

Wash your hands often
Cough or sneeze into your arm or sleeve, not your hands
Get a flu shot

For more information on how to protect against influenza, visit
www.vdh.virginia.gov/pandemicflu.